



Reiki Inspirations®

Healing and Counselling Centre
Enjoy being treated as a **WHOLE** person

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Welcome Everyone,

October is here and almost gone! I remember thinking as a child that it took *forever* for Christmas to be here and as I stood on my soap box and complained about it, my grandmother would say, "When you get older you won't wish the time away so quickly". Smiling, at that time I couldn't believe that to be true and now I completely understand ☺ Funny about that!

Please read below my article 'Letting go... what does this mean?'

For those of you who are reading my newsletter for the first time, I trust that you will find something in the spirit of this newsletter to assist you on your life's journey.



Inspirational quote for today...

Learning is a treasure that will follow its owner everywhere.

Chinese proverb

Letting go... what does this mean?

People often say to move on, we must let go of the past! Yet the idea of *letting go* means that we are holding onto something, and for many they are trying to figure out, 'what am I holding onto, that appears to stop me from moving forward and living a happy and fulfilled life?' Others may know, yet can't work out how to. Either way this can create feelings of frustration, anger, grief, helplessness and defeat.

For many of us, the past hurts and injustices have become part of our *present story* and the thought of letting that go, can create a void. What can I replace it with, does this mean it didn't matter? Yet why would I want to hold on to the past hurts, especially if they are hurting me?

The idea of *letting go* immediately reacts with our *ego* beginning an *inner power struggle*. This depletes us mentally, emotionally and physically. We create our own *inner war!* We don't need to join the armed forces, for we are a *force within ourselves*, and unfortunately the casualty of war can be our health and wellbeing, and our future choices.

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During the struggle of war, if everything appeared to be lost, one side would retreat. This was not necessarily a sign of weakness but a strategy as it was intended to re-gather, re-focus and to then come out stronger.

To pause, re-focus and to accept this moment can be empowering. I believe that the *past* is not to be carried like a *ball and chain*; it is to allow it to flow with us as experience, knowledge and hopefully wisdom gained through adversity. It is important to the choices we make, as we flow into each moment and day with a greater awareness because of those very experiences.

Sit and feel what your body and mind does when you say to yourself, "I must and have to let go of this" then sit and feel how it reacts when you say, "I acknowledge the past hurts and the wounds that have been created, and with acceptance, I take the wisdom learnt into this moment, I set myself free". What feels better? What gives your whole body a sense of peace?

There is a beautiful prayer called, *The Serenity Prayer* that goes:

**God grant me the serenity
To accept the things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference**

One of the most beautiful memories and learning's I have is not long after I had my first child. I would take him in the pram and go to the shopping centre, sometimes just to get out of the house. I would notice the elderly sitting on a bench by themselves looking alone and sad. When I went up to them, I could see there was very little life in their eyes, they appeared grey. I would ask to sit down and we would start to talk. They often shared their sadness, loneliness and regrets in their life. I would listen intently; my heart would go out to them. Then for some reason I felt the need to ask, if they would like a hold of my son? They would look at me with surprise and then I could see a spark of life coming back into their eyes as I laid Trevor in their arms.

We would say nothing, just be in that moment. Trevor looked content and happy in the arms of the elderly woman or man as they comfortably sat together in their own space.

The greatest teaching these beautiful elderly people shared with me, was to *not live with regret*. To *forgive* oneself as to the perceived wrongs that one has made, and to not carry the burden of resentment towards others and to really indulge in life to the fullest and to not fear to risk living.

I will be forever grateful for those teachings, at that time I was 24 years old and now that I am 50 I look back and smile, yes I have made many mistakes; yes I have lived through adversity and YES I choose to indulge and risk living and hopefully learning, as I bring the wisdom of my past experiences into the now and trust that knowledge will assist me to make better life choices!

Understand that we all do the best that we can, with the amount of knowledge and wisdom that we have in this moment. So please take responsibility for your feelings, attitudes and life and choose to be kind and accepting of yourself and others.

It doesn't mean that what some people do is right or nice, yet you have the choice to carry it as a *ball and chain* with a mixture of feelings and fears that don't make you feel good and may infect your health and your future choices. Or you may choose to *accept* the situation *as it was* and allow the knowledge and experience to flow with you as wisdom, to propel and support you rather than ground and taint you in the past, denying you the gift of the now, and a happy and fulfilling future.

May the love in your heart be the wings that surround and support you, and may you willingly choose *acceptance* of oneself and those around you, and set *yourself free* in the spirit of experience, knowledge and wisdom.

You have and are creating a *great story* to share with your children, grandchildren and the very people around you! Trust me I listened to many, and those stories changed the way I would try and live my life. I will be forever grateful for those hours sitting on a bench in a shopping centre.

For an update on workshops, courses and services please go to my [website](#) for further details.



Many blessings, Maria